

29 Reasons Why Some People Get Depressed

What Causes Depression?

Common contributors/factors for developing depression symptoms are:

1. Genes (certain hereditary predispositions)
2. Brain chemistry (neurotransmitters functioning)
3. Hormones (thyroid/glandular imbalance)
4. Too low or too high levels of certain vitamins, minerals, nutrients
5. Substance abuse (drugs, medications)
6. Too much toxicity in the body (exposure to toxins, which get into the body)
7. Illnesses (can cause depression and/or depression like symptoms)
8. Daylight (not enough exposure to sun)
9. Personality (how one reacts to life events)
10. Stress (exposure to stress over longer periods of time)
11. Sleep (low quality sleep, not enough sleep)
12. Abuse (various emotional traumas)
13. Loss of a loved one (ongoing prolonged sadness and grief)
14. Relationship problems (violent type of communication)
15. Difficult life situations (financial loss, other, not able to cope with such events)
16. Bullying (emotional and mental wounds)
17. Poverty and related suffering
18. Negative outlook for the future
19. Lack of meaning in life
20. Habitual repetitive negative thinking and feeling of associated emotions
21. Loneliness, lack of social interactions
22. Not seen and valued by others, not feeling supported and recognized
23. Lack of love
24. Fears
25. Too much worrying
26. Low self-esteem, low self-confidence
27. Dissatisfaction with many/most things
28. Lack of exercise, bad eating habits (effects gut health, brain health, overall health, which is linked also to mental health), suppressing emotions
29. Oversensitivity to suffering and negative behavior of others (picking up negative emotions from others and feeling them as if they are your own)

Often it is combinations of several of these.

There are people who are depressed and they don't know why.

Many people don't seek help, they suffer in silence. Over time, it gets worse.

Some people cry for help, and they don't get any or enough help.

Most common approach is psychotherapy and antidepressants (medications).

If you are interested to find out more about depression and about a wide range of complementary therapies, solutions, holistic approaches, I highly recommend reading the book:

["Quest for a Depression-free Life, a Practical Guidebook"](#)

It is **FREE** to [download](#) from the [official homepage](#)

It contains so much useful information about depression.

It is one of the best books about depression.

Help Heal Depression